

but do not get engorged. Breastfeeding at least every 2 - 3 hours during the day and at least once at night will help keep your breasts comfortable as your milk comes in.

When your baby is about two weeks old (or before), your breasts will get a little softer and smaller. This does NOT mean you have less milk. Your breasts are getting used to holding milk and are less swollen.

### **Let-Down**

As your baby starts to nurse, your milk starts to flow. Several times during a feeding your milk glands release more milk. This is called let-down (or milk ejection reflex). The same hormone that causes the let-down makes your uterus contract (tighten). As your milk lets down, you may also feel your uterus cramp and have heavier vaginal bleeding. After the first few days, the uterus is smaller and you do not feel that cramping anymore. Some mothers feel a tingling or tightening in their breasts with the let-down at the start of each feeding. Some mothers do not feel the let-down but see their babies start to gulp as the milk comes faster.

### **Making Enough Milk**

When you nurse as long and as often as your baby wants, you are telling your breasts how much milk to make. This is often called supply meets demand. Supply meets demand as long as you breastfeed, even when your baby is bigger. Your body makes as much milk as your baby is taking.

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### **Holding Your Baby for Feedings**

There are different ways you can hold your baby when breastfeeding. Choose the position that is most comfortable for you.

If you have a c-section, you will probably want to use the football hold or lie down to nurse at first. That will keep the baby off your stomach.